Quiz Answer Key

1. Anything that causes an asthma flare-up is called:
   a) an allergen
   b) dander
   c) a trigger
   d) an obstruction

2. Asthma medicine is often taken through an inhaler.

3. If a person with asthma has a flare-up, he or she needs to take quick-relief medicines (also called rescue or fast-acting medicines) as soon as possible.

4. True or false: It can be hard to breathe during an asthma flare-up because the airways get swollen and narrower, and the airways can get clogged with mucus.

5. True or false: Kids with asthma can’t play sports.